



## European Veterans Track and Field Championships

European Veterans Track and Field Championships Ilford coach Rob Sargent has travelled to the European Veterans Track and Field Championships which is being held for the first time in three countries, Germany, Poland and the Czech Republic. The venues are close together in the 'tri-border region'. Rob's event for the first week was the 10000m which was held at Zgorzelec in Poland. On a hot sunny day the race started at 2,30 in the afternoon when the temperature was measured at 34C. The race was 25 gruelling laps of the track with some of the 26 starters not making the full distance. Rob battled on in the heat to finish 20th in 48mins 01,96 secs. He will be in action again later in the Championship in the 5000m. Report courtesy of Hank's Polish 2nd cousin removed Pawek (in the bushes)